



WELLNESS 300

<p>Fruits and Vegetables </p> <p>Eating 4 servings of fruit or vegetables is easy when you consider how small one serving size is. Use the list below to determine how many servings you are getting each day.</p> <ul style="list-style-type: none"> ● 1/2 cup of fruit ● 1 medium piece of fruit ● 1/4 cup of dried fruit ● 3/4 cup (6 ounces) of 100% fruit or vegetable juice ● 1 cup of leafy vegetables ● 1/2 cup of cooked or raw vegetables <p>For more information visit www.5aday.com</p>	<p>Exercise </p> <p>Exercising 3 times a week doesn't need to take a lot of effort, but it does need time. In order to mark an exercise dot, your exercise session must fulfill the following requirements:</p> <ul style="list-style-type: none"> ● Last for 30 minutes or longer ● Include an aerobic type of exercise (i.e. running, swimming, walking, etc.) ● Be vigorous enough to increase your heart rate to 70-80% of your maximum heart rate <p>For information on how to calculate your maximum heart rate or to find your target heart rate, visit www.americanheart.org.</p>
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